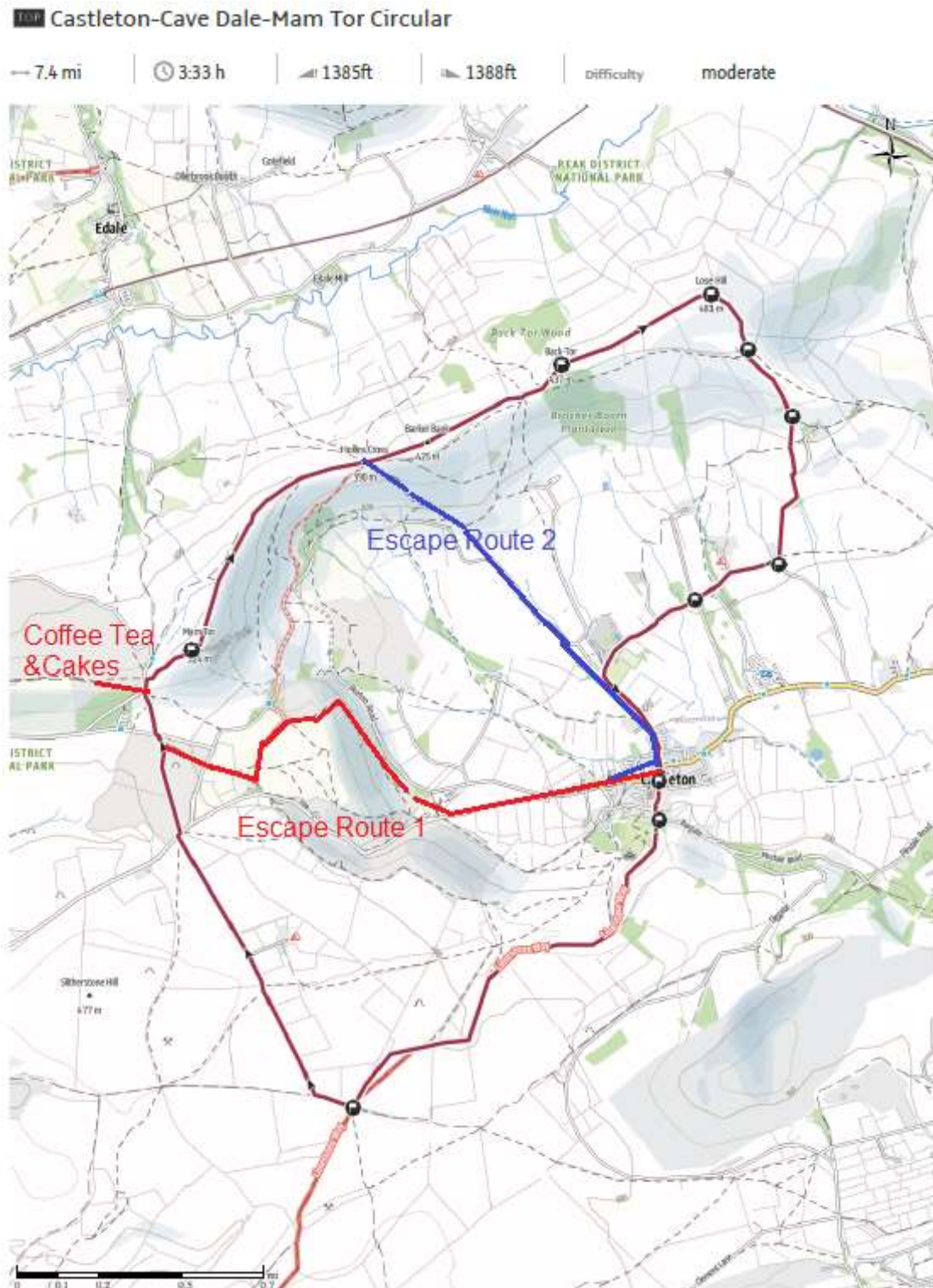


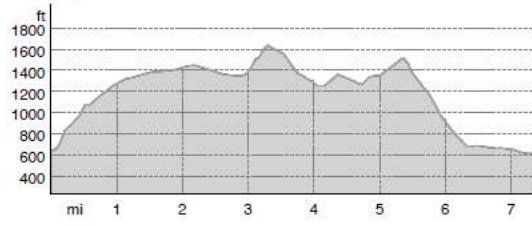
### Route Card :- Castleton – Cave Dale – Lose Hill Circular

Starting at the Castleton Car park entrance this scenic circular hike takes you through the deep craggy Gorge of Cave Dale passing below Peveril Castle, you then head to the summit of Mam Tor. Where refreshment's will be available. The hike then continues following the ridgeline across, Back Tor and Lose Hill before heading back to Castleton.

Finishing with a well earned drink in the Ye Olde Nag's Head.



### Elevation profile



### route data

#### Hiking route

Distance → 7.4 mi

Duration ⌚ 3.33 h

Ascent ↗ 1385 ft

Descent ↘ 1388 ft

Difficulty moderate

Stamina ●●●●●●

Technique ●●●●●●

Altitude

1640 ft  
614 ft

### Best time of year

JAN | FEB | MAR  
APR | MAY | JUN  
JUL | AUG | SEP  
OCT | NOV | DEC

### Ratings

#### Authors

Experience ●●●●●●

Landscape ●●●●●●

#### Community

Route (29) ★★★★★